Courses at a Glance

**MONDAYS**
- 9:30-11:30 (8wks) *Mark Twain: Non-fiction Works 1852-1890*
- 1:00-3:00 (6wks) *Six Conversations on Aging*
- 1:00-3:00 (6wks) *A Historian in London, Berlin, Paris, and St. Petersburg (ZOOM in the Classroom)*
- 5:00-7:00 (6wks) *A Short History of Ireland (APL)*

**TUESDAYS**
- 9:30-11:30 (6wks) *It Feels Like Home*
- 1:00-3:00 (6wks) *Genealogy for Beginners*
- 1:00-3:00 (6wks) *The Group of Seven - A “Perfect” Art Movement*

**WEDNESDAYS**
- 9:30-11:30 (6wks) *Advanced Genealogical Techniques*
- 9:30-11:30 (6wks) *Five Guys: Jesus Through the Eyes of the Four Gospel Writers*
- 9:30-11:30 (6wks) *The GOD Delusion*
- 9:30-11:30 (8wks) *Science and Religion: A Historical Perspective and How They Have Shaped Human Civilization (Schooner)*
- 9:30-11:30 (5wks) *Hand Reflexology for Health and Wellness*
- 9:30-11:30 (6wks) *Go Set A Watchman by Harper Lee (SeniorsPlus)*
- 1:00-3:00 (6wks) *Genealogy Laboratory*
- 1:00-3:00 (6wks) *The Perfect Storm: What Causes Weather? (ZOOM in the Classroom)*
- 1:00-3:00 (8wks) *Cannabis, Culture, Wellness and Holistic Healing*
- 1:00-3:00 (6wks) *Happiness, Humor and Health*

**THURSDAYS**
- 9:30-11:30 (6wks) *Advanced Conversational French*
- 9:30-11:30 (6wks) *Saudi Arabia: Fact and Fiction (ZOOM at Home)*
- 1:00-3:00 (6wks) *Israel in the Movies*
- 1:00-3:00 (4wks) *Traveling in Europe and Asia*
- 5:00-7:00 (8wks) *Good Popes, Bad Popes*

**FRIDAYS**
- 9:30-11:30 (6wks) *Maine Trees, Top to Bottom 2.0*
- 9:30-11:30 (6wks) *Why is the Sky Blue? and other Physics Topics*
- 9:30-11:30 (6wks) *“Fake News” and the Importance of Media Literacy (ZOOM at Home)*
- 12:30-2:30 (6wks) *Drawing Flies, and Other Intriguingly Infinitesimal Insecta*
- 3:00-5:00 (6wks) *Eat As If Your Life Depended On It (St. Mary’s Nutrition Center)*
USM-LAC Senior College
Catalog of Courses

Our Mission:

To provide a curriculum of intellectually stimulating learning opportunities and special events for persons 50 years of age or older.

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Greetings from Lucy...

I am happy to be a part of our thriving community of life-long learners. We are 20 years and counting, and enjoy the challenges as we continue to grow and thrive. We work hard to bring you stimulating and challenging courses and activities. We are glad you’re here!

Lucy

Our Board of Directors and Committees

Lucy Bisson, Chair
Mary Jane Beardsley, MSCN Liaison
Claire Bilodeau, Food for Thought, Volunteers, Nominating, Special Events
Robert Boilard, Food for Thought
Cynthia Boyd, Evaluations, Food for Thought, Finance, Nominating
Susan Brown, Public Relations
Richard Duplisea, Finance
Judy Hierstein, Curriculum, Food for Thought, Catalog, Marketing
Sharon McGilvery, Special Events, Food for Thought, Policies
Reine Mynahan, Secretary, Curriculum, Clubs, Policies
Joanne Sabourin, Auburn Public Library Liaison, Food for Thought
Claire Small, Marketing, Food for Thought
George Soutiere, Catalog, Marketing, PR
Janet Stenberg, Clubs, Volunteers
Pat Vampatella, Clubs, USM Community Advisory Board
Membership Benefits

Senior College is self-sustaining, administered by its own Board of Directors, and supported through an annual non-refundable membership fee of $35. This fee covers the academic year (September 1 through August 31). Your annual membership allows you to receive mailings and notification emails and use the campus Information Commons (Library). Senior College at USM LAC offers 4- to 8-week courses in the spring and fall, and free one-day winter classes. Members may participate in all classes and also join a variety of activities beyond the classroom such as Special Interest Clubs. Members may also take advantage of the offerings of other Senior Colleges throughout the state.

Textbook Policy

This year we have begun paying the University for all they do for us. Though we are very lucky to receive such great service at such a reasonable price, we can no longer afford to provide text books for those courses that request them. Textbooks to be used will be listed in the course description. Members can purchase their own (sometimes far cheaper than we can) on Amazon, download them onto your Kindle, or order them through the USM bookstore (207.780.4070). Some texts may also be available at public libraries.

New members are always welcome.
Online options with ZOOM

We continue to explore online possibilities for our members. This semester we will have some new online courses, delivered via ZOOM, a free program like Skype. **ZOOM at Home** will offer “Fake News,” and “Saudi Arabia: Fact and Fiction.” We are also trying something new. **ZOOM in the Classroom** takes ZOOM into some of our regular classrooms. You can log on from home with ZOOM and take a virtual seat in the front row! The instructor will also see and hear you on the computer monitor. Once you sign up, before each class, you are sent an email with a link to join the class. Simply click on the link and you are in! Your computer must have a camera (built in or attached). Operating systems: Windows 7 or newer, Mac OS 7.7 or newer, iPhone 4 or newer, Android 4.0 or newer, or Kindle Fire HD. If you can enjoy YouTube videos on your computer or preferred device, then you will enjoy using ZOOM! We are excited to explore all the possibilities this new online learning offers. Whether you are in Auburn or Arizona or Australia, you can join us on this new adventure.

Courses

**Mark Twain: Non-fiction Works 1852-1890**
Most everyone knows of Tom Sawyer and Huck Finn, but Twain wrote a prodigious amount of non-fiction stories and material, which are sometimes funnier than his famous novels. The class will examine quite a few.
**Required book:** *Mark Twain Collected Tales, Sketches, Speeches, and Essays*, ISBN: 0940450364
**Instructor:** Alan Elze
*Alan has taught a wide variety of courses during his time at LAC Senior College.*
**8 Mondays 9:30-11:30 a.m.**
**Beginning Mar. 25, 2019**
**Course Limit:** 30

**Six Conversations on Aging**
It’s happening to all of us but we don’t usually talk about it. This course will provide a safe space to talk about aging using Parker Palmer’s latest book. Palmer says, “Aging is a reason to dive deep and take creative risks.” We will do this through sharing, reflecting and seeking new insights.
**Required book:** *On the Brink of Everything; Grace, Gravity and Getting Old*, ISBN: 9781523095438
**Instructor:** Marguerite Stapleton
*Marguerite has a B.A. from Immaculata College and a M.S. from the Univer-

usm.maine.edu/seniorcollege
sity of Illinois, Urbana-Champaign. She has been teaching for over 50 years. While working at St. Mary’s Health System as its Vice-President of Mission Integration she introduced the Literature and Medicine Program from the Maine Humanities Council, an outreach ministry to Haiti and a Work Sabbath program for employees.
6 Mondays 1:00-3:00 p.m. (No class on April 29)
Beginning March 25, 2019
Course Limit: 26

We will discuss historical questions and personalities in these four capitals over the last 300 years. We will review how the contemporary cities retain traces of their historical past, while also changing through new buildings, populations and events. Class members who have visited these cities are encouraged to share their experiences.

Instructor: Christine Holden
Dr. Holden has a Ph.D in European History and has taught at Bates College and USM. She has originated courses in European and U.S. Women’s History at USM, and researches the history of Ravensbrück, the concentration camp for women in Nazi Germany.
6 Mondays 1:00-3:00 p.m.
Beginning March 25, 2019
Course Limit: 26 (Zoom in the Classroom) (See page 4)

A Short History of Ireland
Irish history you need to know if you are of Irish descent, or will be visiting Ireland.

Instructor: John Henderson
John Henderson is an educator, artist, and historian specializing in the Irish in Maine, the U.S., and Ireland.
6 Mondays 5:00-7:00 p.m.
Beginning Mar. 25, 2019
Course Limit: 30 (APL)
It Feels Like Home
This class will be dedicated to reflecting on the deeper understanding of the place home, from the most basic premise of a shelter that can supply us with walls and roof to the deeper meanings and emotions this one single word can evoke. We will examine how this understanding can play an important part in our writing.

**Instructor: Ariela Zucker**
Born in Jerusalem, Ariela and her husband left Israel in September 2001. Followed by three of their daughters, they decided to stay in Maine. Over the summer they own and operate a motel in Ellsworth, and in winter they reside in Auburn, where Ariela dedicates her time to writing and traveling.

6 Tuesdays 9:30-11:30 a.m.
Beginning Mar. 26, 2019
Course Limit: 10

Genealogy for Beginners
This course is designed for the beginner who is interested in getting started. We will cover the basics of how to start climbing your family tree. This course is designed as a “slow start” course to help you get your feet wet.

**Instructor: Lin Wright**
Lin is a genealogist and historian with more than three decades of experience. She recently completed BU’s Certificate in Genealogical Research. She serves on the Board of Directors for Androscoggin Historical Society, as Registrar and Volunteer Genealogist for the DAR, and as a church historian.

6 Tuesdays 1:00-3:00 p.m.
Beginning Mar. 26, 2019
Course Limit: 16

The Group of Seven - A “Perfect” Art Movement
Early in the twentieth century, artists of Canada’s Group of Seven succeeded in creating and exhibiting colorful modernist paintings that reflected and influenced Canada’s national self-image for generations. This course will cover the group’s origins, the influences that contributed to the group’s style and, of course, their unique paintings. This course can be enjoyed by both newcomers and experienced artists. **Required book:** The Group of Seven and Tom Thomson, ISBN: 9781895565546

**Instructor: Michael Everett**
Michael Everett enjoys painting in oils, studying art, and sharing his discoveries with others. He has taught three previous courses in art appreciation at Senior College. He is especially interested in landscapes of northern waters and forests.

6 Tuesdays 1:00-3:00 p.m.
Beginning Mar. 26, 2019
Course Limit: 18
Advanced Genealogical Techniques
Designed for the more experienced genealogist, this course will explore the five elements of the Genealogical Proof Standard: research, citations, analysis, resolution and a written conclusion. In addition, we will talk about such advanced topics as finding living people, using DNA in genealogy, and breaking through brick walls. **Recommended book:** *Genealogical Proof Standard*, ISBN: 9780929626215

**Instructor:** Lin Wright
Lin is a genealogist and historian with more than three decades of experience. She recently completed BU’s Certificate in Genealogical Research. She serves on the Board of Directors for Androscoggin Historical Society, as Registrar and Volunteer Genealogist for the DAR, and as a church historian.

6 Wednesdays 9:30-11:30 a.m.
Beginning Mar. 27, 2019
Course Limit: 20

Five Guys: Jesus Through the Eyes of the Four Gospel Writers
The Bible contains four stories of the life of Jesus. The variations in these stories reflect the purposes and perspectives of the writers. Recognizing these differences are crucial to understanding the message and story of Jesus.

**Instructor:** Rev. Stephen Carnahan
Reverend Carnahan currently is Pastor of the High Street Congregational Church in Auburn. A graduate of the Nazarene Theological Seminary, he has served previously in Pennsylvania, New York and Portland, Maine.

6 Wednesdays 9:30-11:30 a.m.
Beginning Mar. 27, 2019
Course Limit: 20

The GOD Delusion
Distinguished evolutionary scientist Richard Dawkins purports, on the authority of science, to trash religion. We will evaluate his book and use Dawkin’s arguments to explore the importance of religion in the human career. **Recommended book:** *The GOD Delusion*, ISBN: 9780618918249

**Instructor:** Steven Piker
Anthropologist and professor at Swarthmore College, Steven did field work in Thailand and has taught many courses at senior colleges in the area.

6 Wednesdays 9:30-11:30 a.m.
Beginning Mar. 27, 2019
Course Limit: 25
Science and Religion: A Historical Perspective and How They Have Shaped Human Civilization

Science and religion are considered to be two of the most potent forces that have shaped, and continue to shape, human civilization. In this course we will probe their very nature, examine their interactions over time, their similarities and differences, the questions they raise, and their sources of knowledge and certainty of absolute truth. There will also be assigned readings from a textbook that relates to our course of study.


**Instructor: Dr. Charles Plummer**

Charles Plummer is a long-time Senior College instructor. He has a Ph.D. in both Religious Studies and Metaphysics. He has taught courses about world religions, philosophy, mythology, biology, and human behavior and is a self-proclaimed student of the history of humankind which he has found fascinating.

8 Wednesdays 9:30-11:30 a.m.
Beginning Mar. 27, 2019
Course Limit: 25 (Schooner)
Hand Reflexology for Health and Wellness
This workshop will provide training in specific touch techniques to bring about relaxation, assisting the participants with issues such as insomnia, headaches, and gastrointestinal discomfort in order to help family, friends and themselves. Be prepared to work with a different partner each week; please trim/file fingernails and bring a pillow and towel to class.

**Instructor: Lynn I. Poor**
Lynn has been a Certified Reflexologist since 2010. She has a Bachelor’s Degree in Natural & Applied Sciences with a concentration in the Biology of Health & Wellness and a minor in Holistic & Integrative Studies and a Certificate in the Foundations of Holistic Health. She completed her Master’s Degree in Adult and Higher Education earlier this year.

**5 Wednesdays 9:00-11:30 a.m.**
Beginning Mar. 20, 2019
Course Limit: 10

Go Set A Watchman by Harper Lee
There are a variety of opinions on this book. This is a continuation of the fall class on Harper Lee: you do not have to have been a student of that class to enroll. It’s helpful, but not mandatory, that you have read To Kill a Mockingbird. **Required book:** Go Set a Watchman, ISBN: 9780062561022

**Instructor: Laura Sturgis**
Laura taught English at Edward Little High School for fifteen years and also served as Adjunct Professor for Syracuse University.

**6 Wednesdays 9:30-11:30 a.m.**
Beginning Mar. 27, 2019
Course Limit: 20 (SeniorsPlus)

Genealogy Laboratory
An opportunity for people of all levels of genealogical experience to search for information about their ancestors online, guided by an experienced genealogist. This is an opportunity for genealogists and family historians to hone their skills and explore the resources available online. Basic computer skills are strongly encouraged.

**Instructor: Lin Wright**
Lin is a genealogist and historian with more than three decades of experience. She recently completed BU’s Certificate in Genealogical Research. She serves on the Board of Directors for Adroscoggin Historical Society, as Registrar and Volunteer Genealogist for the DAR, and as a church historian.

**8 Wednesdays 1:00- 3:00 p.m.**
Beginning Mar. 27, 2019
Course Limit: 15
The Perfect Storm: What Causes Weather?
Why do 90% of tornadoes occur in the US? What's the difference between sleet and hail? What are those high- and low-pressure areas that meteorologists always talk about? Weather plays such an important role in our lives. This course will help you understand what factors cause our weather and how severe storms (thunderstorms, tornadoes, hurricanes, and blizzards) form.

Instructor: Mary Beth Booth
Mary Beth taught GIS and Physical Geography at Austin Community College for almost 20 years. She has a B.S. (Biology), a M.A. (Geography), and an O.D. (Optometry). She returned to Maine after she retired in 2016. Her fascination with weather goes way back and she's excited to share her knowledge with you.
6 Wednesdays 1:00-3:00 p.m.
Beginning Mar. 27, 2019
Course Limit: 25 (Zoom in the Classroom) (See page 4)

Cannabis, Culture, Wellness and Holistic Healing
This course will examine the impact of cannabis on culture, healing, wellness and medicine. Required book: Cannabis Revealed: How the World’s Most Misunderstood Plant is Healing Everything from Chronic Pain to Epilepsy, ISBN: 9780998141305
Instructor: Joel S. Buckman
Joel graduated with a Bachelor of Science degree in Interdisciplinary Studies from Boston University. Since 2013 Joel as founded Strain Doc-
tor LLC, a medicinal cannabis wellness company located here in Maine. Prior to this he was a leading technology management consultant, founded Your Technology Solutions, Inc. while working at Harvard Business School, is an Adjunct Instructor at ITT Technical Institute and during the summer enjoys being a NASCAR stock car instructor at the Pocono Raceway in PA.

8 Wednesdays 1:00-3:00 p.m.
Beginning Mar. 27, 2019
Course Limit: 15

Happiness, Humor and Health
You don’t have to be a scientist to know that humor and laughter make you feel good. So is it the endorphins? the ridiculousness? the punch line? your racing pulse? your big breaths? identifying with the joke, story, cartoon? We will share and learn together the answers to these and even more questions as we explore the connections between happiness, humor, laughter, health, and life in general. Please bring your jokes, stories, whatever makes you laugh, makes you happy. Required book: Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment, ISBN: 9780071492393

Instructor: Dr. Elcha Buckman
Elcha is a smart, nice and fun person who comes from a funny family, and has passed this on to her sons (is it genetic?). She’s can be funny but since graduate school in 1975 she sometimes takes her humor very seriously. Elcha holds a BS, MS, and PhD from Boston University and is
Board Certified in child, adolescent, and family psychiatry, but admits these aren’t required to be humorous and laugh. For over 70 years Elcha has observed, listened, studied, researched, lectured, published, and practiced humor to help people find their happiness, sense of humor and health. In addition to loving that, her hobbies are her friends, children, grandchildren, Mini-Schnauzer, needlework, music, swimming, and exploring.

6 Wednesdays 1:00-3:00 p.m.
Beginning Mar. 27, 2019
Course Limit: 25

Advanced Conversational French
This course is designed to help students with a solid background in the French language to maintain their skills in conversation and writing.

Instructor: Lorraine Giasson
Lorraine is a retired teacher with a B.S. from the University of Maine and a M.A. in Education from the University of New England.

6 Thursdays 9:30-11:30 a.m.
Beginning March 28, 2019
Course Limit: 20

Saudi Arabia: Fact and Fiction
This online ZOOM course will begin with Maine author Kay Campbell talking about Saudi Arabia and her experiences living there. Then, we will read and discuss her novel, A Caravan of Brides for the next two sessions. The fourth and final week, we will link up with Kay once again to discuss her book directly with her. Required book: A Caravan of Brides, ISBN: 9780999074305

Instructor: Kay Campbell
Kay, an author and journalist, headed to Saudi Arabia with her husband soon after college. She has researched and written about traditional Saudi culture, especially the world of Saudi women.

4 Thursdays 9:30-11:30 a.m.
Beginning Mar. 28, 2019
Course Limit: 12 (ZOOM at Home) (See page 4)

Israel in the Movies
Israel has its unique issues and cultural conflicts that rotate around three main axes; Peace vs.War, Secular vs.Religious, Past vs.Present. As an Israeli, I will enjoy sharing my experience with you. In this class, of 6 meetings, we will get a glimpse of some of these topics by watching Israeli made movies. Each meeting will consist of watching a movie and the opportunity to learn more about the topic presented by an open discussion.

Instructor: Ariela Zucker
Born in Jerusalem, Ariela and her husband left Israel in September 2001. Followed by three of their daughters, they decided to stay in Maine. Over the summer they own and operate a motel in Ellsworth, and in winter they reside in Auburn, where Ariela dedicates her time to writing and traveling.

6 Thursdays 1:00-3:00 p.m.
Beginning Mar. 28, 2019
Course Limit: 12

Traveling in Europe and Asia
In this course, the first two classes will be devoted to discussions of travelling in Europe. The participants will share their cultural experiences in their European travels and I will share my experiences of living and travelling in Portugal. During the last 2 classes, the participants and instructor will discuss travelling in South Korea, China, Hong Kong, Thailand and Singapore. Some slides and handouts will be used.

Instructor: Anita Denis
Anita is a native of Lewiston. She studied History at both undergraduate and graduate levels. She began teaching in Rhode Island but left for overseas and taught in international schools in Pakistan, Portugal, Ethiopia, Kenya, Kuwait, Bahrain and in South Korea. She retired in 2012.

4 Thursdays 1:00-3:00 p.m.
Beginning Mar. 28, 2019
Course Limit: 20

Good Popes, Bad Popes
The Roman Catholic Church has had nearly 250 Popes in its 2000-year history. We'll be examining some of the good, the bad, and the very bad.

Required book: The Popes: Every Question Answered,
ISBN: 9781435145719

Alan has taught a wide variety of courses at LAC Senior College.

8 Thursdays 5:00-7:00 p.m.
Beginning Mar. 28, 2019
Course Limit: 30

Maine Trees, Top to Bottom 2.0
Trees cover about 85% of Maine’s natural landscape, but have you ever wondered what kind of trees are out there? As we learn to identify trees by their features (leaves, bark, twigs, and fruit) we will also discuss trees functions, values, and roles within natural communities. We'll spend time outside looking at campus trees and do a bit of sketching and journaling.

Required book: Forest Trees of Maine: 1908-2008,
ISBN: 9781882190614
Instructor: Pam Davis-Green
Pam is a Maine Master Naturalist with interests in botany, landscapes, and natural communities. She is a Maine native with a B.A. in Environmental Science from the University of Maine at Farmington.
6 Fridays 9:30-11:30 a.m.
Beginning Apr. 5, 2019
Course Limit: 15

Why is the Sky Blue? and Other Physics Topics
Bring your most perplexing physics questions to this class! Topics will be determined by the students!
Instructor: Hugh Keene
Hugh received a BA from the University of Maine at Farmington, an MA from the University of Maine at Orono, and an advanced degree in physics from Wesleyan University. He chaired the science department at Edward Little High School for 28 years.
6 Fridays 9:30-11:30 a.m.
Beginning Mar. 29, 2019
Course Limit: 30

“Fake News” and the Importance of Media Literacy
The term “fake news” generates over 10 million Internet hits. Join me for a course on “fake news” with the goal of becoming a diligent skeptic of news media. Through the use of articles, videos, and classroom discussions, the course will define “fake news,” why we are neurologically susceptible to it, how it spreads, its implications, and much more.
Instructor: Marty Gagnon
Marty graduated La Salle University in 1997 with a degree in Written Communications. He went on to write for both weekly and daily newspapers in New Hampshire and Maine. Moving near the Canadian border, he met his wife, started a farm, and continued to write. He then began working in libraries about 10 years ago.
6 Fridays 9:30-11:30 a.m.
Beginning Mar. 29, 2019
Course Limit: 12 (ZOOM at Home) (See page 4)

Drawing Flies, and Other Intriguingly Infinitesimal Insecta
This course will explore various drawing and painting techniques, but the subject will remain the same: colorful creepy crawlies! Students can use shared supplies, or those supplies they already have at home: pencil, paper, watercolor, scraps. We will create together!
Instructor: Judy Hierstein
Judy has been an art teacher, illustrator, and graphic artist.
6 Fridays 12:30-2:30 p.m.
Beginning Mar. 29, 2019
Course Limit: 18

Eat As If Your Life Depended On It
Each week you will prepare and eat healthy foods that actually taste good, learning about the state of the “food industry” along the way. Held in the kitchen at St. Mary’s Nutrition Center, a $30 fee for food/supplies will be collected at the first class.

Instructor: Paul Drowns
Paul is the community cooking educator at St. Mary’s. He spent some formative years in France, which changed his attitudes toward cooking, eating and life.
6 Fridays 3:00-5:00 p.m.
Beginning March 29, 2019
Course Limit: 12 (St. Mary’s Nutrition Center, Bates and Walnut Sts.)
Registration begins
Wednesday, Feb. 20, 2019 at 10:00 a.m.

Online Registration
Visit our website: usm.maine.edu/seniorcollege. You can access the registration from the homepage or from Courses, Registration and Scholarships on the left. Follow the instructions. Credit cards are the only form of payment you can use for online registration. Once you pay for your courses, you will receive an email confirmation.

Mail-in Registration
If you are unable to register online, fill out the form on the following page. List the course titles you want and add up the total ($25/each) along with $35 membership fee if you are a new member. Mail in the form and a check for your total. (address on form)

Need help? Call 207.780.5960

It is possible to register for courses until the first day of class, as long as they are not filled. If you have already registered, you must CALL (207.780.5960) to register for additional courses.

If you must pay with a check, use a waiver, or scholarship (page 20), you will need to mail your registration with payment attached.

Scholarships and Waivers of Course Fees
A limited number of tuition waivers are available upon request and are reviewed by the Chair of the Board of Directors. Schooner Estates provides a scholarship fund for any senior taking a course who needs financial help. To obtain an application, visit our website at usm.maine.edu/seniorcollege, or call the LAC office at 207.753.6610 to have an application sent to you,
Mail-in Registration Form

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Total due for course(s)

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<th>Membership (New Members ONLY): $35</th>
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Date of Birth: ________________ MAR #: (see page 20) ________________

Permission to use my photo (See page 18)  Yes ☐   No ☐

I would like to volunteer for:

- [ ] Catalog
- [ ] Curriculum
- [ ] Finance
- [ ] Nominations
- [ ] Policy/By-laws
- [ ] Public Relations
- [ ] Special Events
- [ ] Bulletin Board
- [ ] Food for Thought
- [ ] Photographer
- [ ] Photocopying
- [ ] Mailing
- [ ] Greeters
- [ ] Answering phones
- [ ] Board of Directors

Please make checks payable to: USM Senior College

Mail check and form to:

USM-LAC Senior College
c/o Conferences Services
PO Box 9300
Portland, ME 04104
FAQ: Answers!

Where is the Senior College Office? Our office is inside the Student Success Center located at the main entrance.

Where Does My Course Meet? There will be a Senior College course schedule posted on the website, and on each of the USM bulletin boards near the three LAC campus entrances.

What is the Inclement Weather Policy? If USM LAC is open, Senior College classes will be held as scheduled. If class is cancelled by the instructor they will notify you. Check the USM Weather Information Line, 207.780.4800, or the website.

Is there Parking/City Bus Service? The USM LAC campus has free, safe and well-lit parking for students, members of Senior College and guests. USM LAC is served by the city bus. The bus stop is located at the entrance by Room 189 in the new wing. Riders may wait inside. Visit: purplebus.org for L/A bus schedule.

Where is the Lost & Found? In the Student Success Center.

Will you use my Photograph? We are required to get permission from members to use photographs taken during Senior College courses or activities. Please check off “Yes” or “No” on the registration form. To revoke this permission the member must do so in writing to Sandi Croft at: scroft@maine.edu.

What about Refunds, Drops or Changes? Within two weeks from the start of your course you may Add/Drop. Send an email to USM Conferences at usmconferences@maine.edu or call 207-780-5960. THIS IS THE ONLY WAY FOR YOU TO GET YOUR REFUND. If you paid by credit card, you will immediately receive a credit, or you will receive a confirmation if you have switched to another course. If you paid by check, USM Conferences will put in a refund request and your refund will be mailed in about two weeks.

I’m starving! Anywhere to eat? Café LA has freshly baked goods, salads, sandwiches, daily specials, and hot and cold drinks. Hours are Mon.-Thurs. 7:45 a.m.-3:00 p.m. and Fri. 7:45 a.m.-1:30 p.m.
Clubs

The Outsiders take part in physically challenging activities that include hiking, mountain climbing, cross-country skiing, or snowshoeing. The frequency depends on the season. These activities are generally at no cost to members; however, you provide the equipment. The Outsiders welcomes new members. For more information, contact Reine Mynahan at reinemynahan@gmail.com.

Monthly Dine Around members eat out at least once a month, generally on the 4th Thursday in the evening. Restaurants are decided by the members. The contact person is Diane Higgins: godianego32@gmail.com.

Theater Club attends theater productions in south-central Maine. The number of theaters visited depends upon each theater’s production schedule. Most of the activities take place at afternoon shows. The contact person is Pat Vampatella: ppvamp@maine.rr.com.

Outdoor Adventure Club usually meets at least once a month and activities may include canoeing, kayaking, snowshoeing, and hiking. Activities, locations and frequency are usually determined by the members. Contact Pat Vampatella and Cindy Boyd: ppvamp@maine.rr.com.

Food For Thought

Food for Thought is a luncheon program offered by Senior College featuring thought-provoking speakers on varied topics throughout the year. Cost for the luncheon is $8.00 by reservation only (call 207.753.6510), which must be made by noon on the Wednesday prior to each Friday event. Those without reservations can purchase a lunch at Café LA or bring their own, and are welcome to listen to the speakers for free. We host the programs September through May, except for December, on the second Friday of each month. Presentations will be held in room 170 at USM LAC. Doors open at 11:30 a.m. for lunch: the program runs from noon to 1:00 p.m. We welcome the community to join us. Look for our announcements of upcoming events in area newspapers, and on our website: www.usm.maine.edu/seniorcollege
Senior College Community Collaborations

**Schooner Estates** in Auburn is a retirement community that hosts a course or two each semester. They also offer a scholarship (see page 16). Senior College offers free one-day events at **Auburn Public Library**. Senior College may offer at least one course each semester at **SeniorsPlus** located at 8 Falcon Rd., Lewiston. **Maine Association of Retirees** (MAR) provides its members reimbursement up to $15 on membership in Maine’s Senior Colleges. Please write your MAR member number on the Registration Form. We will fax reimbursement information to MAR when course registration closes. **Lewiston Senior Citizens** and other senior groups in the area offer trips and excursions throughout the year. Senior College links to these groups on our website.

Franco-American Collection

The USM LAC houses one of the largest repositories of Franco-American archival material in the State of Maine. It consists of documents, photographs, artifacts, and audio/visual materials and covers local history, government, religion, language, education, industry, sports and the arts. The Collection focuses on Lewiston-Auburn and other areas of Maine, with additional regional materials providing a link to the wider contexts of French North America. In keeping with its educational, research, and community service mission, the College acquired this collection to develop and promote interest in Franco-American culture and history on the part of the academic community and the community at large. The Collection is in Room 171.

For more information: http://usm.maine.edu/franco or call 207.753.6545.
A Note of Gratitude

USM-LAC Senior College is beyond grateful to the University for the incredible support they have provided over the past twenty years, and to our dedicated instructors, members, and boards for their generous gifts of time and talent.

Thank you all so much!
Learn for the love of it!

Registration begins
Feb. 20, 2019 at 10:00 am

CLASSES BEGIN Mar. 25, 2019